“PERCEPTION OF PHYSICAL FITNESS AMONG THE YOUTH IN DELHI”

SYNOPSIS

Submitted to

Lingaya’s Vidyapeeth, Faridabad

in the partial fulfillment for the

Degree of

Doctor of Philosophy

in

Management

by

Sarita (19PHMG05(W))

Department of Management

School of Commerce and Management

Lingaya’s Vidyapeeth, Faridabad, Haryana

December 2022

TABLE OF CONTENTS

Introduction.....1

Benefits of Remaining Physically Fit 3

Literature Review.....5

Research Methodology 6

Research Hypothesis.....6

Research Questions/Scope of the Study 7

Research Objective 7

Research Area 7

Sampling 8

- Sample size 8
- Sampling Technique 8

Data Collection Methods 9

Conclusion 10

References.....11

Name of the Student : SARITA

Registration Number : **19PHMG05(W)**

Major Subject : Management

Name of Major Advisor : Dr Samriti Mahajan (Associate Professor)

Name of Department : Department of Management

Name of College : School of Commerce and Management

Title: "PERCEPTION OF PHYSICAL FITNESS AMONG THE YOUTH IN DELHI"

Introduction

Physical fitness is the first right of every individual, whether the individual is working, or studying or employed as a sportsman. Physical fitness constitutes 11 parts - 6 of these parts relate to health whereas the remaining 5 has relations to skill development. Primary objective of this study relates to analysis of health-related physical fitness in the youth population.

Regular physical activity has an important role to play in the development of mental and physical well-being. Positive exercise habits that developed in the childhood, if carried in the youth will be critical for personal development.

An individual should have the necessary desire to remain physically fit and in doing it the individual has to give itself to regular exercising. Youth who is physically fit will help himself and the society in the promotion of feeling of happiness, confidence, reducing the stress levels. Youth indulging themselves in positive physical activity serves the interest of promotion of social structuring.

Physical activity is defined as the movement, which is taken when the muscles contract and expand after the expenditure of energy. Every physical activity is measured by its amount of dose, which is essentially a fair combination of intensity, frequency, time and also the type of activity undertaken. The physical fitness of an

individual is directly proportional on the gradual progressive overload made on physical activity. The rate at which a particular physical activity uses undertaken is monitored by means of either the talk test, or the heart rates. Health related physical fitness looks into the aspects of maintaining good health and general well-being, while the physical fitness based on athletic performance delves into the level of physical fitness attained for optimal sports performance.

The youth of Delhi is undergoing transformation as much as the city itself. There is mushrooming of high class and innovative fitness centers and overgrown popularity of different types of fitness Apps, Virtual Gyms, it is observed that the youth of Delhi does not take physical fitness as the matter of grave concern.

The purpose of study is to ascertain the concern of youth in maintaining physical fitness in their general lives without taking into consideration the fitness levels necessitated for giving out the sports performance. Physical fitness has become one of the primary concerns of youth of Delhi, which lives in Urban, Rural and Semi-Urban as well as Rural population of changing Delhi.

Distinctive Elements of Physical Fitness

Being physically fit means a lot and it has wider connotations. The physical fitness practiced in health clubs, fitness centers help in gauging perfect body shape, which is based on the five essential components:

- Muscular Strength
- Body Flexibility
- Body Composition
- Muscular Endurance
- Cardiovascular Endurance

Total fitness of body is defined in the manner the body performs within the structure of each of these components. Doing bench press or push ups, or taking brisk walks may not come in the total fitness. Here is the overview on how different components play critical role in building your physique:

Muscular Strength – It is the power that your muscles can produce by exercising. The types of exercises include push ups, leg press, bench press and bicep curls.

Body Flexibility – A flexible body will have movement of each joint over a particular range. Each joint has the ability to move in particular direction once a muscular force is acted. Performing functional movements such as "Lunge" or "Sit and Reach" test gives a precise idea of flexibility of your body.

Body Composition – The composition of body is measured by equating the total fat mass with mass of organs, bones and the muscles. Body composition is analysed on the basis of Skinfold metrics, bioelectrical impedance and even with the help of underwater weighing. Underwater weighing is "Gold Standard" for measuring the fat content.

Muscular Endurance – Our muscles have a tendency to perform to optimum levels without being in fatigue or reaching the levels of muscle tetany. Exercising activities like cycling, elliptical machines or rowing machines or step machines will ensure your muscular endurance and the capacity of your muscles to make an overwhelming performance.

Cardiovascular Endurance – While performing or doing regular exercises to keep your body physically fit, requires heart and lungs to perform regularly and in unison. Cycling, swimming and jogging plays significant role in maintaining the cardiovascular endurance.

Benefits of Remaining Physically Fit

Remaining physically fit is your first priority, not only towards you but also towards the society in which you live. There are several benefits associated with the idea of being remaining physically fit.

Feel Happy and Composed – The idea of gaining physical fitness begins with alleviating your mood and lowering the feelings of stress, anxiety as well as depression. With the help of exercise sensitivity of brain increases and it happens because mood stimulating hormones like norepinephrine and serotonin are not discharged and negative feelings are eliminated. On the other hand, when exercising is stopped, there is overwhelming rise in the negative mood.

Lose Weight and Stay Fit – Exercising for a particular time frame and period will help in losing energy. Our body spends energy by means of either exercising, digesting the

food and keeping the body function like breathing and heart beating on the optimum levels. When you exercise, the metabolic rate of your body increases, and this helps in burning more calories and as the result you start losing the weight. On the other hand, when you are dieting, the calorie intake is reduced and metabolic activity is also lowered due to which the time frame of weight loss is delayed.

Strengthen the Bones and Muscles - Exercise keeps you fit and healthy, but it also plays a significant role in the building up muscles and adding strength to the bones.Activities such as weight lifting can help in the stimulation of muscles and this can also be further strengthened by increasing the protein intake.With the increasing age, muscle mass is reduced by considerable value and this may often lead to occurrence of injuries and various types of disabilities.

Boost the Energy Levels – Exercising regularly helps in boosting the low energy levels. It will reduce chronic fatigue syndrome (CFS). The energy levels in people suffering from progressive diseases is increased once mild exercise levels are maintained.

Brain Health and Memory is Improved- Brain function and memory protection besides one's ability to think is remarkably improved when the individual exercises regularly and diligently. Such type of exercises in fact increase the flow of blood and various oxygen levels directly to the brain.

Relaxation and Quality of Sleep gets Better - Exercise helps in keeping the body fit by keeping your nerves less tensed and giving you better sleep. While exercising plenty of energy is lost, and this loss eventually arouses sleep patterns.

Literature Review

The investigator researched and went through the libraries, personal records, reference materials, dictionaries, dissertations and also the computer-generated materials. The relative literature then formed the base of study. Physical activity is a leading contributory factor is enhancing the outcome and keeping the muscles fit and perfect. Due to sustainable physical activity, the youth in Delhi have body shape (analysed from google research, 2019). The regular engagement in physical activity results in the higher levels of academic performance, and good decision making at work places (analysed from google research, 2019). Most of the youth in urban, sub urban and rural population in Delhi have diversification in their physical activities and this depends largely on their routine lifestyle activities (analysed from google research, 2019).

Youth working in offices in Delhi are inclined to physical fitness activities, which help them in building their shape and keep them fit. The youth involved in small and medium scale businesses are less consistent with their work outs, and therefore do not take physical fitness as their primary health concern (analysed from google research, 2019).

Proper health management is possible if a strict physical fitness regimen is introduced into the life, and this will help in gaining positive outcome into the life Casey, M, Payne, W., Brown, S and Eime, R. (2009). More youth are engaging into the physical activities and eat healthy foods have better chances of living a healthy life without expressing any signs of depression and anxiety (analysed from google research, 2019).

Reduction in physical activity in large section of youth led to several health risk behaviors like smoking and drinking (analysed from google research, 2019).

Research Methodology

The present research will be formulated on the basis of research methodology, which is both Explorative and Descriptive in nature. The Descriptive Methodology will focus on "WHAT" of the research object, whereas the Explorative Methodology will put a keen focus on "HOW" and "WHY"

Majority of research will consist of analysing Secondary Data collected through books, magazine, journals, research paper etc. Primary Data will be collected through the means of survey method, where a structured questionnaire is developed on the basis of factors influencing behaviour of youth and their exercising patterns.

Research Hypothesis

- H1: There is significant relationship between Youth focus on their physical fitness and concentration on natural ways of keeping themselves fit.
- H2: There is significant relationship between youth regularly visiting to gyms in and around their area and better accessibility and hi tech gyms.
- H3: There is significant relationship between youth interest in hi tech gyms and gyms where cardio exercises are more prevalent.
- H4: There is significant relationship between gender and intensity of exercise.
- H5: There is significant relationship between age and frequency of exercise.
- H6: There is significant relationship between lifestyle, frequency, intensity of exercise and social well-being.
- H7: The youth is interested in showing their muscle strength and frequency of exercise.

Research Questions/Scope of the Study

- What does the youth of Delhi have in their mind about the physical fitness?
- What type of exercise regimen the Delhi youth follow in their daily schedule?
- What patterns of exercises are followed by the youth?
- What is the time allocated by the youth?

Research Objective

- To ascertain the association existing between the dosage (or the amount) of physical activities performed and the level of physical fitness achieved in youth of Delhi.
- To look into the specific safety issues concerning physical activities undertaken by young people.
- To describe the reasons of overweight and obesity in youth despite exercises and working out in Hi Tech gyms.
- To delve into the potential health benefits of the young people residing in urban and rural urban societies.

Research Area

The research area designated for studywill be Delhi, for the reason that it has an urbanely social and technologically rich structure, and urban, rural and semi-urban youth, who work out in different set ups to ensure their physical fitness. The areas selected for research will be helpful in resourcing reliable primary data in precise quantity within the stipulated timeframe.

Sampling

Size of the Sample

The size of sample instituted for proposed study will be 160, which small, medium sized, and big gyms, equipped with state-of-the-art facilities. Selecting gyms and fitness centers from South Delhi, East Delhi, North Delhi, will highlight the nature, character, ethnic classification of the youth towards physical fitness. Since the sample size is varied, it will offer a clear distinction with respect to objective of study.

Demography and Area Selection	**Physical Fitness Centers/Gyms Visited**
Physical Fitness Centers/Gyms in South Delhi	65
Physical Fitness Centers/Gyms in East Delhi	50
Physical Fitness Centers/Gyms in North Delhi	45
Total	**160**

Table 1 – Types of Data Collected

Sampling Technique

Non-probability sampling method will be employed, and sampling technique will include snow-ball and judgmental. The purpose of Non-probability sampling out here entails random data and information collection without giving individuals equal number of chances of being selected.

On the contrary, probability sampling method do not follow random selection, rather the method allows selection of population on the basis of education, availability in particular region or point of time or maybe on personal judgment of the researcher who proposes the study.

Judgmental sampling or purposive sampling has a specific purpose in the mind of the researcher, with relevance to proposed research. The population samples are chosen randomly and only after making a sound judgment.

Snowball sampling is carried when population size is limited. Here the researcher asks the initial subject to recognize and categorize another potential subject who intends to meet sampling criteria.

Data Collection Methods

The process of collection appropriate data with respect to the research is called Data Collection. Such collection of data is relevant to test the hypothesis, evaluate the outcomes and also find appropriate answers to the projected research. There are two types of data collection methods – Primary Method of Data Collection and Secondary Method of Data Collection

Primary Data Collection Methods

Primary data collection method used is qualitative in nature The **Qualitative Data Collection method** do not involve numbers or mathematical calculations, and has strong association with words, sounds, feeling, emotions, colours and other elements, which are rather abstract and cannot be calculated by numbers. With the help of qualitative studies, the researcher has an advantage to aim to ensure greater level of understanding, where the data is collected by conducting interviews, questionnaires with open-ended questions, focus groups, observation, game or role-playing, case studies etc.

Secondary Data Collection Methods

Secondary data is already been published in books, newspapers, magazines, journals, online portals, sources likes case studies, magazines, newspapers, books, etc. There is variety of data available on these sources around the research area. Therefore, it is necessary to use appropriate set of criteria for selecting secondary data to be used in the study for achieving the levels of research validity and reliability.

Primary Data

The proposed research in the primary data will be collated and collected through means of questionnaires and interviews.

Questionnaire

A structured non-disguised questionnaire will be developed. Before implementing the questionnaire, it will be tested on a small sample for testing the logic, validity and reliability. The questionnaire will consist of only closed ended questions. All the statements of questionnaire were measured using multiple items on five-point Likert scale. **1 = Strongly Disagree**, 2 = Disagree, 3 = Neutral, 4 = Agree, **5 = Strongly Agree**.

Interview and Its Nature

The researchers will also conduct interviews with owners of the gyms to know the kind of behaviour pattern explicitly shown by the youth while making the selection of the work out. More importantly, is the work out behaviour pattern of these youth really synchronizes with their respective routine lifestyles.

Conclusion

The whole purpose or reasoning behind remaining physically fit is hard to ignore. Youth, or toddlers or even the adults who have crossed their prime – exercising and remaining physically fit means welcoming a healthier and happier life. Physical fitness achieved through exercising and other types of physical activities reaps several benefits. However, in case of youths of Delhi, they are not consistent with the exercises. They are not in the habit of following a rigorously consistent pattern of physical activities that could otherwise make them energetically growing and in shape.

The development of exercising and gym activities in youth gives a positive impact on their personality and personal behaviour. These physical fitness activities are indispensable in boosting the health, giving the feeling of betterment, and more importantly have fun and excitement.

The wholesome fact is that whether it is either by the means of moderate or vigorous aerobic activity, or any other form of physical activity, the idea of physical fitness contained within minds of youths of today, residing in Delhi is growing and taking the shape.

This idea is not borne out to full extent as many youths in Delhi do not visit gym or physical fitness centers with a wholesome idea to enjoy a long term perfect physical fitness.

References

Wang, C., Chen, P. J., & Zhuang, J. (2013). Validity and Reliability of International Physical Activity Questionnaire: Short Form in Chinese Youth. Research Quarterly for Exercise and Sport, 84, (supplement 2), 80-86. doi: 10.1080/02701367.2013.850991.

Weissblueth, E. (2015). Short Hebrew International Physical Activity Questionnaire: Reliability and Validity. Baltic Journal of Health and Physical Activity, 7 (1), 7-13.

Tehard, B., Saris, W. H. M., Astrup, A., Martinez, J. A., Taylor, M. A., Barbe, P., Richterova, B., Guy-Grand, B., Sorensen, T. I. A., & Oppert, J. M. (2005). Comparison of Two Physical Activity Questionnaires in Obese Subjects: The NUGENOB Study. Medicine and Science in Sports and Exercise, 37 (9), 1535-1541. doi: 10.1249/01.mss.0000177464.68521.3b.

Timo, J., Sami, Y. P., Anthony, W., & Jarmo, L. (2016). Perceived Physical Competence Towards Physical Activity and Motivation and Enjoyment in Physical Education as Longitudinal Predictors of Adolescents' Selfreported Physical Activity. Journal of Science and Medicine in Sport, 19 (9), 750- 754. doi: 10.1016/j.jsams. 2015.11.003.

Tremblay, M. S., Warburton, D. E. R., Janssen, I., Paterson, D. H., Latimer, A. E., Rhodes, R. E., Kho, M. E., Hicks, A., LeBlanc, A. G., & Zehr, L. (2011). New Canadian Physical Activity Guidelines. Applied Physiology Nutrition and Metabolism, 36 (1), 36-46. doi: 10.1139/H11-009.

Murphy, J. J., Murphy, M. H., MacDonncha, C., Murphy, N., Nevill, A. M., & Woods, C. B. (2017). Validity and Reliability of Three Self-Report Instruments for Assessing Attainment of Physical Activity Guidelines in University Students. Measurement in Physical Education and Exercise Science, 21 (3), 134-141. DOI: 10.1080/1091367X.2017.1297711.

Pedisic, Z., Jurakic, D ., Rakovac, M., Hodak, D., & Dizdar, D. (2011). Reliability of the Croatian Long Version of the International Physical Activity Questionnaire. Kinesiology, 43 (2), 185-191. Pedisic, Z., Rakovac, M., Bennie, J., Jurakic, D., & Bauman, A. E. (2014).

Levels and Correlates of Domain-specific Physical Activity in University Students: Cross-sectional Findings from Croatia. Kinesiology, 46 (1), 12-22.

Philippaerts, R. M., Westerterp, K. R., & Lefevre, J. (2001). Comparison of Two Questionnaires with a Tri-axial Accelerometer to Assess Physical Activity Patterns. International Journal of Sports Medicine, 22 (1), 34-39. doi: 10.1055/s2001-11359.

Poppel, M. N., Chinapaw, M. J., Mokkink, L. B., van Mechelen, W., & Terwee C. B. (2010). Physical Activity Questionnaires for Adults: A Systematic Review of Measurement Properties. Sports Medicine, 40 (7), 565-600. doi: 10.2165/11531930-000000000-00000.

Ranasinghe, C., Sigera, C., Ranasinghe, P., Jayawardena, R., Ranasinghe, A. C. R., Hills, A. P., & King, N. (2016).

Physical Inactivity among Physiotherapy Undergraduates: Exploring the Knowledge-practice Gap. BMC Sports Science Medicine and Rehabilitation, 8 (39). doi: 10.1186/s13102-016-0063-8.

Huth EJ, King K and Lock S (1988) Uniform requirements for manuscripts submitted to biomedical journals. British Medical Journal 296(4): 401–405.

Huth EJ, King K and Lock S (1988) Uniform requirements for manuscripts submitted to biomedical journals. British Medical Journal. Epub ahead of print 12 June 2011. DOI: 10.1177/09544327167940.

Ouriginal by Turnitin

Document Information

Analyzed document	sarita synopsis.docx (D149589316)
Submitted	11/14/2022 6:59:00 AM
Submitted by	RIZWAN ARIF
Submitter email	rizwan@lingayasuniversity.edu.in
Similarity	14%
Analysis address	rizwan.ling@analysis.urkund.com

Sources included in the report

W	URL: https://lumenpublishing.com/journals/index.php/rrem/article/view/648 Fetched: 11/4/2021 9:32:15 AM	2
W	URL: https://researchrepository.wvu.edu/cgi/viewcontent.cgi?article=4831&context=etd Fetched: 11/5/2021 7:50:24 AM	1
W	URL: https://jyx.jyu.fi/bitstream/handle/123456789/51095/jakkolaylipiipariwattliukkolaperceivedphys... Fetched: 9/15/2022 11:25:15 AM	1

Entire Document

Synopsis
"Perception of Physical Fitness Among the Youth in Delhi" Submitted to: Lingaya's Vidyapeeth, Faridabad
Submitted by: Ms. Sarita
Under the guidance of:
In collaboration with:
Table of Contents
Introduction Error! Bookmark not defined. Distinctive Elements of Physical Fitness.....4
Benefits of Remaining Physically Fit..... 5 Challenges faced by Shopping
Malls.....6 Literature Review 7 Research Methodology
..... 8 Research Hypothesis .....8 Research
Questions/Scope of the Study 9 Research Objectives 9 Research Area 9 Sampling 10 Sample Size 10 Sampling Technique 11 Data Collection Methods 11 Conclusion 12 References 13
"Perception of Physical Fitness Among the Youth in Delhi"
Introduction